

Who is the Cadre of Trainers?

The Cadre of Trainers is a carefully selected and trained group of health education professionals from local school districts, community-based organizations and state agencies who are committed to promoting health-enhancing behaviors in children and youth.

These programs and publications are funded through Cooperative Agreement U87/CCU122725-02 from the Centers for Disease Control and Prevention and supported by the Connecticut State Department of Education and the Department of Public Health in collaboration with local school districts and community-based organizations. The contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.



What will the Cadre of Trainers provide?

This Coordinated Health Education Cadre of Trainers will conduct quality, interactive, theory-based workshops that promote health-enhancing behaviors in children and youth.

The goal of this project is to increase the awareness and skill level of professionals in delivering wellness and prevention education and to increase the number of quality workshops offered throughout the state in coordinated health education. The current focus is in HIV/STD (sexually transmitted diseases) prevention.

The Cadre of Trainers will provide . . .

- Quality interactive training
- Resource packet for each participant
- Training at no cost
- CEUs



Resources

- ▶ **CT State Department of Education,
Bureau of Health and Nutrition
Services and Child/Family/School
Partnerships, HIV/STD Prevention and
Coordinated School Health Programs**
25 Industrial Park Road
Middletown, CT 06457
860-807-2077
www.state.ct.us/sde/deps/Student/index.htm
- ▶ **CT State Department of Public Health
AIDS Division**
410 Capitol Avenue
Hartford, CT 06134-0308
Phone: 860-509-7801 (Education)
Phone: 860-509-7808 (Counseling/
Testing/Health Care Programs)
www.dph.state.ct.us/
- ▶ **CT State Department of Public Health
STD Control Division**
410 Capitol Avenue
Hartford, CT 06134-0308
Phone: 860-509-7920
www.dph.state.ct.us/
- ▶ **CDC National AIDS Hotlines:**
800-342-AIDS(2437) English
800-344-7432 Spanish and STO
800-243-7889 TTY/Hearing Impaired
www.cdcnpin.org/ (CDC National
Prevention Information Network)
- ▶ **National Sexually Transmitted Disease
Hotline**
Phone: 800-227-8922
www.cdcnpin.org/ (CDC National
Prevention Information Network)

Coordinated
Health
Education
Cadre



Professional Development Opportunities

Connecticut State Department of Education

State Department of Public Health

The Coordinated Health Education Cadre of Trainers

Teaching HIV/STD Prevention with Diversity in Mind

This workshop is designed for grades 6-12 health education teachers, nurses, or educators who teach wellness and prevention education. This workshop will include: discussion on issues of diversity in the classroom; demographics of HIV/STDs, and AIDS with respect to diverse communities; and strategies for being inclusive when teaching about HIV and STD prevention.

A workshop may be scheduled as an after school, half or full day professional development opportunity. The training is available in three or five hour sessions.

Activities That Work: Innovative Ways to Address HIV/STD Prevention in the Classroom

This workshop is designed for K-12 health education teachers, nurses or educators who teach wellness and prevention education. This workshop will include: HIV/STD information update; data on youth risk behaviors; skills-based, age-appropriate activities for the classroom; and dynamic resources for teachers.

A workshop may be scheduled as an after school, half, or full day professional development opportunity. The training is available in two, three, or five hour sessions.

Programs That Have Credible Evidence of Effectiveness

Research-based curricula to address HIV/STD and pregnancy prevention

These workshops provide training on skills-based, research-supported curricula that the Centers for Disease Control and Prevention (CDC) has identified as effective in reducing sexual risk behaviors that contribute to HIV and other sexually transmitted diseases (STDs) and unintended pregnancies. The primary goals of the programs are to improve instructional practices of classroom teachers and other educators and to provide them with the knowledge and skills they need to implement the various programs. Training in the following programs is available in a minimum of four-hour sessions.

Making Proud Choices: A Research-Based Approach to HIV/STD and Pregnancy Prevention (School and Community-Based)

Making Proud Choices is a research-based program that has shown to have credible evidence of effectiveness in reducing health risk behaviors among young people ages 11-13. This eight-lesson module is designed to empower adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV, other STDs, and significantly decrease their chances of being involved in unintended pregnancies.

Reducing The Risk (RTR): Building Skills to Prevent Pregnancy, STDs and HIV (School-Based)

This program is designed for grades 9-10, however it has been successful in middle schools as well. RTR is a 16-lesson curriculum that uses a skills-based approach to the prevention of teen pregnancy and protection against HIV and other STDs. Refusal skills, delaying tactics and negotiation skills are emphasized.

Be Proud! Be Responsible! Strategies to Empower Youth to Reduce the Risk for HIV (Community-Based)

This HIV/AIDS prevention curriculum is designed for youth, grades 9-12 in higher-risk situations. *Be Proud! Be Responsible!* uses a series of interactive learning experiences designed to increase participation and enhance learning. The program is designed to teach young people to take pride in and responsibility for choosing responsible sexual behaviors. Skills to reduce risk behaviors and to increase self-efficacy and self-confidence are emphasized.

For questions or to schedule a workshop please contact: Bonnie J. Edmondson,
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